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The Tiverton Senior Center

207 Canonicus Street

Tiverton, RI 02878

Telephone: 401-625-6790

Fax: 401-625-6793


Email: seniorcenter@tiverton.ri.gov

May 2021



The Tiverton Senior Center will be closed on Monday, May 31st
in observance of Memorial Day

Welcome Back!!!!!! We've Missed YOU!!



CRAFT SALE & OPEN HOUSE

Saturday, May 1st from 9 a.m. to 2 p.m.

Janet Holmes
Director

Rosalie Burton
Assistant Director

Patty Lavoie
Office Assistant

Ray Benoit
Bus Driver

Manny Fontes
Phil Ferreira
Maintenance

Michele Blanchette
Dining Assistant

Beautiful handiwork from our Knitters & Quilters for Charity will be on display and for purchase. All proceeds will go to Star Kids Scholarship



Dear Friends & Members of the Tiverton Senior Center,

We've missed you! What a crazy, uncertain year it has been. We are looking forward to welcoming you back to your "new and improved" Center.

We will be slowly opening and gradually adding activities. We hope you will be able to stop by for our OPEN HOUSE and Craft Sale. Our ladies have been busy all throughout the pandemic and have created some very beautiful and unique items.

Come explore some of the additions and improvements that we were able to accomplish while the Center was inactive.

We are excited to open our doors to activities and the sound of happy, energetic people~ we welcome you and look forward to a healthy Spring renewal!

Best to you! ~ Janet, Rosalie, Patty, Michele, Manny, Phil and Ray

ACTIVITIES AT A GLANCE

Exercise with Deb—Mondays & Wednesdays 9 a.m. (Starting Wed. May 5th)

Quilting for Charity meets every Monday at 9 a.m.

Chair Yoga with Shirley—Tuesday's at 9 a.m. Class fee is \$3.00 per class.

Drums with Jessica-Tuesdays at 2:00 Class fee is \$3 per class.

Tiverton Library Services sponsored Book Club Thursday, May 20th at 10 A.M.

Weight Loss Group every Thursday. Weigh in begins at 9:00. (still looking for leaders)

Zumba with Jessica—Friday's at 9 a.m. Fee is \$3.00 per class

Knitting for Charity meets every **Friday** at 1 p.m. (**Note new day**)

Center Meetings will be held on (fourth Thursday) **Thursday May 27th at 10 a.m.**

Nurse – Sr. Ellen will be taking blood pressure readings on Third **Thursday at 10:30: May 20th**

Birthdays for the month are celebrated on the third Thursday: **May 20th**

Mahjong @ 11:30 & Cribbage @ 1:00 are played on **Fridays. FREE** and looking for players!

BINGO-Now on Thursdays!!! 1:00 PM (Note New Day)

URI Pharmaceutical Outreach-Second Thursday of the month, May 13th at 10 A.M.

Computer Tutorial, Watercolor and Chorus will **not** be meeting during the summer; hope to see you in September!



Members pay
\$3 for classes.
Non-members
pay \$6 for
classes. Become
a member for
\$5 a year and
save money!!



SHIP~ SENIOR HEALTH INSURANCE PROGRAM

Donna Macomber meets with folks weekly on Tuesday mornings to assist with health insurance/Medicare needs. Call her directly at 401-644-3317 to schedule your appointment. She can also be reached via e-mail: pmpsc@outlook.com

Foster Grandparents/EBCAP: Diane Palmer

Diane Palmer will meet with anyone interested in volunteering. Diane can also assist with other social service issues that are provided through East Bay Community Action Program. Diane will be meeting with folks on Fridays. She can be reached by tele via 401-435-7876 or by e-mail at: dpalmer@ebcap.org

BINGO 1:00 P.M.

Now on **Thursdays!**

May 6th

May 13th

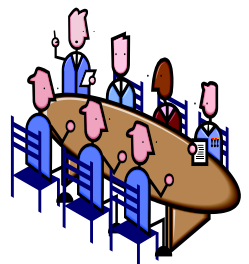
May 20th

May 27th

CENTER MEETING for the month of May will be held on **Thursday, May 27th at 10:00**

The purpose of this meeting is to discuss our financial status, the condition of the building and grounds, fund raising, activities, special events, and classes or activities that you would like to see at the Center.

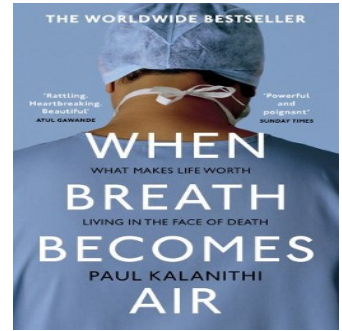
The Senior Center needs **YOU** to keep it moving along with fresh, new ideas and new members who actively participate. We need to keep our Center membership and our meal-site participant numbers growing. Center Meetings will be the **fourth Thursday of the month** at 10 A.M.



Help support the Tiverton Senior Center and become a member!
Only \$5 per year! Save money on classes: Members pay \$3 per class while non-members pay \$6
Makes Sense (Cents) !



TIVERTON LIBRARY SERVICES presents "Words for Wisdom" a Book Club hosted by Adult Services/Reference Librarian Maureen Iwanski. We will meet on **Thursday May 20th at 10:00 a.m.** The book we will be discussing is: **"When Breath Becomes Air" by Paul Kalanithi.** If you are interested in joining us, please feel free to attend on the above dates at the Senior Center. New members are welcome at any time. Suggestions on authors and books are gladly accepted. In the future, we will meet on the **3rd Tuesday of the month. All are Welcome!**



Our Opening Schedule

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9 A.M. Debbie's Functional Fitness Class (beginning May 5th)	9 AM Chair Yoga with Shirley	9 A.M. Debbie's Functional Fitness Class	9 AM Weight Loss Group*	9 A.M. Zumba with Jessica
9 A.M. Quilting for Charity	2 P.M. Drums with Jessica		1 P.M. BINGO!	1 P.M. Knitters for Charity

URI Pharmaceutical Outreach Program will be returning for their monthly presentations on **Thursday, May 13th at 10 A.M.** Their topic this month is **"Fatigue and Aging: What is Normal?"** A discussion of how aging affects our energy levels. Is it normal to take that cat nap every afternoon? Learn how many common medications can increase our sleepiness and fatigue levels.

- ◆ We are holding this time/space for TOPS or other weight-loss program; TOPS is in need of leadership following the huge loss of Jean Cameron.
- ◆ Computer Tutorial, Watercolor class and Chorus will, hopefully, resume in September
- ◆ We are hoping to resume congregate meals in May but are waiting for confirmation.

May Birthdays

Maureen Bigos	2nd	Robert St. Lawrence	11th	Joann Baker	28th-
Debbie Dupont	2nd	Karen Sheehan	11th	Merhlee Raposa	29th
Carolyn Halbardier	2nd	Peter Dowling	12th	Madeline DoCouto	29th
Roseanne Martin	2nd	James Richmond	13th	Ann Pelletier	29th
Dolores Morris	2nd	Elaine Geggatt	14th	Doris Munroe	31st
Shirley McConnell	3rd	Monique Boulay	17th	Maurice Robidoux	31st
Robert Rousseau	3rd	Germaine Brodeur	17th	Richard Miller	31st
Judith Pacheco	3rd	John Keefe	17th		
Eileen Belisle	6th	John Channing	17th		
Emilie "Millie" Soares	8th	Jeanne Whitehead	18th		
Diane Smith-King	8th	Judy Sanford	20th		
Alice Castanho	9th	Sandra Tabak	23rd		
Dorothy McGovern	10th	Dawn Mayo	23rd		
Rosemarie Oliveira	10th	Patricia "Patty" Lavoie	23rd*		
Florence Silvia	10th	Janice Correia	24th		
		Dot McKee	24th		
		Linda Bianco	25th		
		Linda Pendleton	25th		
		Barbara DiSauro	26th		
		Bridget Kelly	26th		



* Patty is Turning 50!!!!

Tiverton Senior Center
207 Canonicus Street
Tiverton, RI 02878

TO:

FOR YOUR INFORMATION...

Ray and The Tiverton Senior Center bus will be back in service beginning Tuesday, May 4th. We will be limited to 4 riders at a time due to covid restrictions. Please call 401-625-6790 to reserve your spot. Our bus is for any Tiverton resident who is 55 or older or handicapped; it is not for individual appointment but for local shopping. It is a free service that is provided by the town. The bus will run on Tuesdays and Wednesdays (and Thursdays if necessary); The bus will also provide transportation to and from the Center



Reservations are necessary. Please call 625-6790 to reserve your seat. Our bus service is for the community. We do not individualize our bus trips.



**Don't miss our next
hand-made
Craft Show
on Saturday,
May 1st
From
9 a.m. to 2 p. m.**

